PHILLIES WIN THE WORLD SERIES... FINALLY

PAGE 10

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Celebrity Buzz

Court gives Brit's dad permanent control
pg 22

City schools put under lockdown

CRIME Chinook Learning School and Westmount Charter School students and staff were under lockdown for several hours yesterday after a man allegedly exposed himself to three students.

Duty Insp. Vic Trickett said a man believed to be 20 to 30 years old entered the continuing education facility at 2519 Richmond Rd. SW around 2 p.m. and exposed himself to several students.

Police scoured the area, but officers were unable to find the suspect.

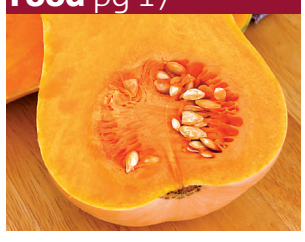
"This is something a bit new, definitely not something I have to deal with on a regular basis, thankfully," Trickett said.

METRO CALGARY

Local pg 3

Puppy stolen from couple

Food pg 17



Squash soup a fall pleasure

Entertainment pg 20

City hotspots for Halloween

ShareYourViews
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ROBIN KUNISKI/FOR METRO CALGARY

Rookie firefighter Mike Meade barely had the chance to learn the ropes at Fire Station No. 8 yesterday, as five minutes into his first shift, the 24-year-old was racing to his first fire call.

Rookie's feet put to fire on first day

Firefighter barely entered station before racing to a call

KRISTA SYLVESTER
krista.sylvester@metronews.ca

When 24-year-old rookie firefighter Mike Meade suited up and stepped into Fire Hall No. 8 for the very first time yesterday morning, he figured it would be a typical day.

It was anything but.

"I was just talking to the driver and learning where things go on the truck when the alarm went. I was pretty nervous," the soft-spoken rookie told Metro.

Meade jumped into action with his crew at 9:30 a.m. when they were called to a house fire in the 400 block of 42 St. SW. The crew quickly contained the fire to a bedroom.

"I was still pretty nervous while I was there but I just followed the senior firemen. The guys really helped me out a lot, so that was nice."

Meade graduated from his nine-week firefighter class on Friday, but seemed surprised at the attention he was getting after the fire.

COURTESY CTV CALGARY

Meade is on the scene of his first fire removing a burning mattress from the home.

"I didn't really expect to have my picture taken. It's been pretty hectic but I'm going to call my parents first to tell them about it later," he added.

Captain Garth Blain said the rookie did well his first day on the job.

"I think it's a special day for him, only being here five minutes before seeing his first fire. Many guys have to wait months before they see their first fire action," he said.

The guys at the hall won't let him forget his first day too soon; they poured buckets of water on him while Metro was taking his picture.

"He's a pretty good sport, too," laughed Blain.

Man dies after being Tasered by police

EDMONTON A man has died in hospital after being Tasered twice by Edmonton city officers after a rampage at a pawnshop, police said.

Norma Strelkov, a volunteer who works at a thrift store next door to Dan's Pawnshop, near 153 Street, said she saw a large man "flailing his arms" and she was worried he would come into the store.

"He was very agitated, he was very pale, almost greenish looking," said Strelkov. "He was yelling, then he ran down the sidewalk."

Police say the man, believed to be in his 30s, was acting crazy, smashing windows and threatening people in the pawn shop when city cops arrived.

When he wouldn't calm down, officers Tasered the man twice, but it had no effect, even after two officers wrestled him to the ground, said police spokesman Jeff Wuite.

After cops handcuffed the man while under control, police say he lost consciousness and was taken to hospital where he died.

Clifton Purvis, an executive director with the Alberta Serious Incident Response Team, said it is still too early to pinpoint whether or not the man died as a result from being Tasered.

JEFF CUMMINGS/METRO CANADA

ASIRT

- The Alberta Serious Incident Response Team is said to have taken over the investigation.

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BEAUTY *at the Bay*

Escaped Manitoba prisoner wanted in connection with Calgary robberies
A prisoner who escaped from a Manitoba jail is now wanted for at least two bank robberies in Calgary. Calgary police have issued two arrest warrants for Johnathon Anders Muzychka, right, in relation to two bank heists this month. CBC NEWS ONLINE

Local

ScreamFest going hoarse

The coffin is about to close on the haunted houses known as ScreamFest. The four eerie houses will be open until Nov. 1 at Canada Olympic Park. For more information, visit www.screamfest.ca. METRO CALGARY

ROBIN KUNISKI / METRO CALGARY

Ryan Jestin, Acting Director for the City of Calgary Roads.

City roads going anti-ice, less salt

NEIL MACKINNON
neil.mackinnon@metronews.ca

WINTER Ryan Jestin didn't want to put his career on the line with predictions of the best winter driving conditions Calgary has ever seen.

He came awfully close, though, as the city announced it will be using new anti-ice initiatives, tested in a pilot this past April, which will use a liquid calcium chloride mix before a snowfall to hamper slippery conditions.

"Even in the middle of a storm, I think driving conditions are going to be pretty good," said the city's roads department acting manager near a new $3.5 million steel building on Bearspaw Dam Road NW, which will house 30,000 tonnes of supplies.

The city expects using anti-icing agents will remove 5,000 tonnes of salt.

Robbed couple wants pup back

NEIL MACKINNON
neil.mackinnon@metronews.ca

Julia Stuart doesn't care that she almost had her baby early, and doesn't mind if she never gets her stolen belongings back.

All she really wants is her puppy returned.

"Who does that? Who robs a pregnant woman who's just about to pop and steals her puppy?" asked Stuart. "This isn't the type of thing I would have ever expected, especially in my condition."

Stuart, 18, and her boyfriend Ty Haddy, 19, were the victims of a broad daylight home invasion Friday. They're now in the midst of moving from the 200 block of Forest Road SE.

The stress of the robbery caused Stuart to go into contractions for eight hours, nearly giving birth to her young son, who will be named Corwin Deane Haddy, two days early.

ROBIN KUNISKI / METRO CALGARY

Julia Stuart and Ty Haddy hope that someone comes forward with information on their 3-month old pit bull pup, Shadow, stolen from the couple's Forest Heights home during a home invasion last week.

On Friday, three armed and masked men shuffled the young couple into their bedroom.

They proceeded to steal virtually every electronic device in the house as well as some cash — and their three-month-old pit bull, Shadow.

"Who robs a pregnant woman who's just about to pop and steals her puppy? ... This isn't the type of thing I would have ever expected."
Julia Stuart

"She's such a beautiful little dog," Haddy said. "I'm just glad we weren't hurt and I don't care if we see any of that stuff again, but we'd really like our dog back."

Police have charged one man in relation to the incident, but they're still looking for Shadow.

Drive-by shooting injures one man

RAIHAN ISLAM
for Metro Calgary

CRIME One man was sent to hospital with a leg wound after what police are saying is a random Beltline drive-by shooting early yesterday morning.

Police say the incident, which happened around 2:30 a.m. in the 1800 block of 11th Avenue SW, was not gang or drug related.

Sgt. Dean Lagrange with the Calgary Police, said detectives are working on leads but little information is available.

"The victims are cooperating," said Lagrange. "But we only have vague descriptions and no eyewitnesses."

Police responded after gunshots were heard early morning. Minutes later, the victim was dropped off at the hospital by friends.

Calgary police re-arrest known gang member

KRISTA SYLVESTER
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CRIME City police arrested a well-known gang member Tuesday night for a curfew breach he allegedly committed just three days after his release. Tran Trong Nghi Nguyen, better known as Jackie Tran, was at a northwest bar when police were called to a disturbance late Saturday night.

"When you consider the fact he was released on the 21st of October and within three days he was breaching his conditions ... that's a great concern to us," Acting Staff Sgt. of organized crime Gord Eiriksson said.

Tran was ordered to be deported four years ago due to assault and drug trafficking charges. He remains in Canada because of appeals and due process, Lisa White of Border Services said.

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What's online today.

Watch as hard times mean business is booming in the repo world at metronews.ca/local

Gems of Broadway performing at University Theatre

The Silver Stars Revue, a group of over 30 performers ranging in age from 40 to 85, present their 2009 show, Gems of Broadway, at the University Theatre from Nov. 7 to 9. Tickets can be purchased by calling 220-7202. METRO NEWS SERVICES

News in brief

HELICOPTER The faster, longer range STARS rescue chopper was unveiled last week at a U.S. conference and will see service in Edmonton in 2009 and Calgary in 2010.

MARKET According to CTV Calgary News, the Calgary Farmers' Market is in negotiations with the Tsuu T'ina Nation to relocate the popular market in 2010. METRO CALGARY

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ROBIN KUNISKI FOR METRO CALGARY

Members of U of C PIVOT undergraduate Dance Society performed interpretive dance at the University LRT station Wednesday to encourage the use of alternative means of transportation.

Dancing for a greener city

NEIL MACKINNON
neil.mackinnon@metronews.ca

A C-Train station wasn't what came to mind when Natalie Westerbeek pondered her dream dance venue.

Double-taking passengers raised their eyebrows or avoided eye-contact all together as they happened across the University of Calgary improvisational dance troupe, using a bicycle and maps as props and running a roller-blade across the walls and arms of fellow dancers.

It was about drawing attention to alternate modes of transportation, it was about everyone doing their part to carve into carbon outputs, Westerbeek said.

"Doing things on a creative basis is really great for us as dancers, to get ourselves out there, but it's also good for the community because we're promoting something very important for the city to focus on," the second-year dance major said.

Watchdog warns of rental scams

NIGERIA The Better Business Bureau is warning Calgarians of a rental scam where ads for houses legitimately for sale are appearing on online sites such as Kijiji and Craigslist as fakes. According to reports to the BBB, interested prospective tenants are asked to send deposit money to Nigeria.

"This is the first time I can recall seeing a scam like this use an MLS listing to add a false legitimacy," said BBB spokesperson Daniel McDonald.

U of C donations down for research

FUNDING The University of Calgary dropped in research income donations by 3.1 per cent in 2007 according to new data released yesterday by Research Infosource. The drop puts the U of C in 8th place among the top universities in Canada, falling one place from 2006. Despite the fall, the institute still raked in $254 million last year. METRO CALGARY

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Cherif Medawar
International Investor & Authority on Commercial Real Estate

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Cherif Medawar, Founder,
Institute of Commercial Real Estate (ICRE)

My education at UCLA taught me how to work for money, but not how to make my money work for me. I was working night and day as a hotel manager in California when a billionaire guest pulled me aside and said, "Cherif, come work for me. I will show you the path to wealth."

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Ottawa weathers season's first snowfall

About 10 cm of snow fell on Ottawa Tuesday night and yesterday, but was not met by the kind of traffic and clean-up chaos that sometimes accompanies the year's first big snowfall in the city. By 9:30 a.m. yesterday, Ottawa Police had reported 37 collisions related to the road conditions. METRO CANADA

Canada

Snakebitten man charged

A Winnipeg man who survived the deadly bite of a venomous snake last week won't escape the law, police say. The 31-year-old man, who was the owner of the Gaboon viper, left, that sunk its fangs into his face on Oct. 19, faces a charge of violating the city's exotic pet bylaw, police Const. Jacqueline Chaput said yesterday. SOURCE: CBC NEWS ONLINE

News in brief

INQUIRY Indian, Inuit and church lawyers yesterday presented a joint proposal to Ottawa to restart the stalled commission on abuses at residential schools, according to one of the participants. The commission was thrown into disarray last week when chair Justice Harry LaForme resigned.

QUEBEC The province's opposition parties are joining forces in an effort to avoid a possible provincial election in December, CBC News Online reports. The parties presented and passed a non-binding motion yesterday calling on Premier Jean Charest not to call an election.

PENSIONS Canada is reviewing options to adjust pension funding obligations, after falling stock and bond prices have driven down asset values in corporate pension plans and prompted some plan sponsors to seek relief from funding rules.

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Federal cabinet to be unveiled today

With stock markets on a roller-coaster ride and financial worries mounting, today's cabinet picks are meant to signal that the economy "will dominate the life of this government and this Parliament."

"It will be strongly focused on the economy, and it will be getting right to work in terms of implementing our overall agenda, but especially with relation to the economic challenges facing our country," a government official told reporters in a briefing yesterday.

"Expect to see very strong experienced ministers in files with a direct relationship to the economy," he said.

That's why both Flaherty and Industry Minister Jim Prentice will keep their portfolios to send a signal of stability and confidence to Canadians and the markets.

Harper's new cabinet will be unveiled at 10.30 a.m. today when the ministers, old and new, are sworn in during a ceremony at Rideau Hall.

TORSTAR NEWS SERVICE

Expected cabinet moves

According to Parliament Hill sources

- Jason Kenney, the Calgary MP who has successfully coordinated the Tory outreach to ethnic communities, will get the Immigration portfolio.
- Transport Minister Lawrence Cannon will move to Foreign Affairs.
- Diane Ablonczy to Health, a big promotion for the Alberta MP.
- Health Minister Tony Clement to International Trade.
- Peter MacKay staying put as Defence Minister
- Jay Hill, currently the government whip, takes over as House Leader.

Check metronews.ca/canada after the official announcement this morning for all the details on the new cabinet.

Funeral Judge laid to rest

RICHARD LAUTENS/TORSTAR NEWS SERVICE

Disgraced sprinter Ben Johnson is seen leaving a Toronto synagogue following a funeral service yesterday for Charles Dubin, who was the judge in charge of the Dubin inquiry into drugs and sports after Johnson's doping ban.

Man guilty of five terrorism counts

KHAWAJA An Ottawa man who was the first person charged under Canada's post-9-11 anti-terrorism legislation was found guilty yesterday on five of seven terrorism-related counts against him.

Justice Douglas Rutherford convicted Momin Khawaja, 29, on five charges that he "knowingly participated in or contributed to activity of a terrorist group," but found him not guilty of two terrorism charges related to a foiled London bomb plot.

TRACEY TONG/METRO CANADA

Watch a report on the results of Khawaja's trial at metronews.ca/canada

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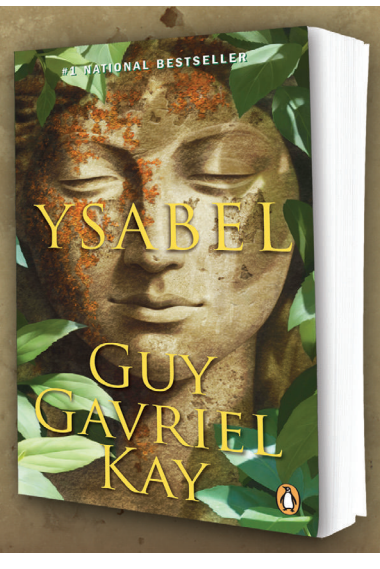

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Sarkozy voodoo doll ban rejected
A French court yesterday rejected President Nicolas Sarkozy's demand for a ban on a Sarkozy doll and voodoo manual that encourages readers to stick pins in it. REUTERS

World

Obama infomercial an expensive gambit

Barack Obama, in an audacious bid to swamp rival John McCain in the final days of the U.S. presidential election, spoke directly to voters last night in a slickly-produced 30-minute infomercial aired in prime time on seven networks.

The Democratic candidate spent about $4 million for the broadcast, the first such gambit by a presidential hopeful in 16 years.

He mixed biography with personal stories from hard-pressed American voters — most from battleground states — and testimonials from governors, senate colleagues and a military official.

Policy proposals were pitched from an office that looked like it could have been the Oval Office, a risky move for a candidate once accused of usurping the presidential seal as a campaign emblem.

REUTERS/HANDOUT

Barack Obama appeared in a 30-minute infomercial-style address on U.S. TV yesterday.

As the video ended, viewers were transported to a live speech Obama was delivering in Kissimmee, Fla.

For all the polished production values, last night's broadcast renewed talk of Obama overload and played to McCain's charges that the Illinois senator was already "measuring the drapes" in the Oval Office and had a penchant for presumptuous, flamboyant gestures that will alienate American voters.

The advertisement ran on Fox, CBS, NBC, and cable network MSNBC, as well as TV One, a network targeting African Americans, Black Entertainment Television, and Spanish-language channel Univision.

TORSTAR NEWS SERVICE

McCain questions Obama's readiness

ELECTION Republican John McCain questioned Democratic rival Barack Obama's readiness for the White House as a bruising presidential campaign hit the final stretch.

McCain kicked off a tour of the must-win state of Florida by warning Obama would be bad news for small businesses and workers. REUTERS

News in brief

QUAKE About 175 people died when a powerful earthquake hit the southwestern Pakistani province of Baluchistan yesterday, flattening about 1,500 mud-walled homes and triggering landslides, officials said. REUTERS

Champ Anand defends chess title

WOLFGAN G RATTAY/REUTERS

Chess World Champion Viswanathan Anand of India, right, is seen through his winner's trophy at the Chess World Championships in Germany yesterday. Anand retained his title with 6.5-4.5 points over his challenger Vladimir Kramnik of Russia.

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At least 28 dead in suicide attacks in Somalia
A wave of suicide bombings killed at least 28 people across northern Somalia yesterday in five attacks that snatched attention from political crisis talks taking place in neighbouring Kenya. REUTERS

Red meat may raise E.coli risk

HEALTH Lovers of red meat and milk may be more susceptible to a major strain of Escherichia coli (E. coli), which causes severe diarrhea, researchers in Australia said. REUTERS

Taliban boss should not be in talks: U.S.

Taliban leader Mullah Omar should not be involved in Afghan reconciliation efforts despite a renewed interest in talks with members of the Islamist movement, the Pentagon said yesterday.

"We as a government do not believe that Mullah Omar is somebody you reconcile with," Pentagon press secretary Geoff Morrell said. "Mullah Omar has the blood of thousands of Americans on his hands, based upon the support that he provided Osama bin Laden," Morrell told reporters.

His comments contrasted with an appeal by Afghan President Hamid Karzai, who called last month on Mullah Omar to come home and work for peace. Omar is believed to be in hiding in the mountainous areas straddling the Afghan-Pakistan border.

Insurgent violence has risen this year in Afghanistan to its highest level since U.S.-led forces ousted the Taliban from power in 2001 for harboring al Qaeda leaders responsible for the Sept. 11 attacks on the United States.

Faced with the rise in violence, both the Afghan government and Western nations have showed a renewed interest in coming to terms with elements of the Taliban. REUTERS

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Iraq aims to set new rules for U.S. troops

SECURITY Iraq wants to amend a draft security pact with the United States to ban U.S. forces from striking neighboring countries from Iraqi territory, a government spokesman said yesterday.

Spokesman Ali al-Dabbagh said Iraq also wanted to change the wording covering the possible prosecution of U.S. soldiers in Iraqi courts, a sensitive issue for Washington.

U.S. negotiators began yesterday to scrutinize the changes demanded by Iraq to the security pact, which sets the conditions for U.S. troops to operate in the country after their United Nations mandate expires in December.

President Bush said he was still "hopeful and confident" a security deal could be agreed.

"We're analyzing those amendments, we obviously want to be helpful and constructive without undermining basic principles," Bush said after meeting the leader of Iraq's Kurdistan region, Masoud Barzani, at the White House. REUTERS

Death sentence

• An Iraqi court sentenced a man to be hanged for an attack in which three U.S. soldiers were killed, two of them after being tortured, in 2006, the U.S. military said yesterday.

Researchers may know why fruits can lower cancer risk

HEALTH British researchers may have discovered why by diets rich in fruits and vegetables can lower cancer risk.

Patrick Gunning and scientists at the Institute of Food Research in Norwich said it could be due to a complex carbohydrate called pectin. In lab experiments they found it binds to and may inhibit a protein believed to facilitate the spread of cancer throughout the body.

The findings, published in the FASEB Journal, offer another reason to eat fruits and vegetables.

"At present, given what we know from our study and the others, we feel that the best advice is to eat plenty of fruit and vegetables in the likelihood that it will supply bioactive fragments from the pectins," Gunning said. REUTERS

News in brief

TSUNAMI A mega-tsunami struck southeast Asia 700 years ago rivalling the deadly one in 2004, two teams of geologists said after finding sedimentary evidence in coastal marshes.

GERMAN Hundreds of people bade farewell yesterday to Tempelhof airport, a massive Nazi-built landmark in the heart of the German capital that served as a lifeline for West Berlin during the post-war Soviet blockade. REUTERS

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Comment & Views

Comment

Assumptions put to test

Ex-U.S. envoy warns Obama win would be danger to Canada

Home&Abroad

Andrew Cohen

Canada & world insight

Paul Cellucci, the former United States ambassador to Canada, warns that a victory by Barack Obama next week would be a "danger" for Canada because he might renegotiate the North American Free Trade Agreement.

Cellucci worries that, should Obama win the presidency and the Democrats strengthen their hold on both houses of Congress, there would be "one-party government" in Washington. With that would come pressure from unionists and environmentalists to re-open the agreement.

Of course, it's nowhere certain Obama would question free trade at all. And it's curious that one-party government didn't bother Cellucci, an amiable Republican, when his party was in control of both the executive and legislative branches in 2004.

But he's right to argue that Obama as president represents a danger to Canadians — even if it is more psychological than economic.

Fundamentally, Obama threatens our self-image. His election will challenge the smugness and moral superiority with which we have long viewed the United States.

It will dispel home truths and force us to look at ourselves in a different light, undermining our deep-seated notion that we are the kinder, gentler people of North America — more tolerant, more progressive, more civic-minded.

Tolerant? In Fire and Ice, his bestselling study of attitudes on both sides of the border, pollster Michael Adams argues that Canadians are more sensitive to minorities than Americans because we are "a mosaic" and they are "a melting pot," demanding conformity from all newcomers.

"Fundamentally, Obama threatens our self-image. His election will challenge the smugness and moral superiority with which we have long viewed the United States."

This isn't true of the United States. It is a delusion that will evaporate if Americans elect their first black president.

Progressive? Barack Obama will come to office as the most liberal chief executive since Lyndon Johnson. Obama wants to introduce universal health care. If that happens — and the country's crushing debt may prevent it — Canadians will lose one of the differences between people they love to trumpet. Moreover, we will no longer corner the market on compassion.

Democratic? It won't be pretty to watch the antiquated American electoral machinery on election day. But if it breaks down, the likely reason is that a higher percentage of Americans will be voting this year than in any election since 1960.

Expect more than 59 per cent of Americans to cast ballots on Nov. 4, the record low number who voted here. This will put the lie to our boast that we are more engaged in politics than they.

Cellucci was right about Barack Obama. He is a threat to many of the self-satisfying assumptions that we have long had about ourselves and about our neighbours.

Andrew Cohen, a professor and journalist, is the author of Extraordinary Canadians: Lester B. Pearson.

Views

Stepping into a new and uncertain life

By Denise Rudnicki

I was 20 years old the last time I went by land across Canada. I remember how exciting it was to feel so free, yet also how very ordinary what I was doing seemed to me.

My young life was ahead and it was supposed to be about adventure and anticipation. There was no fear; no worry about the future. I was hungry for change and new experiences. I wanted to take my place — centre stage.

Rekindled love with the boy I knew 35 years ago is propelling me west again — only this time it's like stepping off a cliff. This time fear is the leading actor in my play. I sold my house and everything in it. I'm leaving family, friends and community, driving to B.C. to live on a boat, and all without the security of a job. I'm so far out of my comfort zone that I barely recognize who or where I am.

For months before the move, I woke every night, awash in waves of cold anxiety. No one I knew was doing anything like this. They were paying off their mortgages, working in pensionable jobs, saving, looking forward to retirement and travel and grandchildren. I was stepping into the abyss, and with bad knees to boot. I was afraid I was making a mistake. I was afraid it wouldn't work out. I was afraid I would hate living on a boat. I was afraid I wouldn't find work. I was afraid I couldn't invent a new life at my age.

But love is a powerful motivator and I know it won't get any easier to do this. There isn't going to be a better time. I want a different sort of life and I know this means I have to take risks. Will I be willing to take these risks if I wait until I'm 60? 65? Surely, making this kind of seismic change will only get more difficult.

Denise Rudnicki

I feel a potent mixture of excitement and fear. Fear is a funny thing. It can ring very helpful alarm bells in your gut that can save your life, but it can also paralyze you and stop you from trying new things. My sister gave me some good advice — "Feel the fear and do it anyway."

Feeling this afraid and doing it anyway is the greatest test I've ever been set.

The last time I drove across Canada, my life was all ahead of me. Not as much of it lies ahead this time. But it's a much greater adventure as a result.

He took the mooring line and pulled the boat closer to the dock. Clutching a pint of oysters, a bottle of champagne and two hot water bottles, I stepped onto the boat and into a new and uncertain life. Afraid, but doing it anyway.

Denise Rudnicki has more than two decades experience as a journalist and communications executive.

MICHAEL DE ADDER

Letters

Adrienne Long, CALGARY

Comparing HIV to the common cold is like comparing a house cat to an African lion. Sure they might be viewed as similar in some aspects, but they are not the same. (Re: Viewing HIV as a weapon, Oct. 28)

"Comparing HIV to the common cold is like comparing a house cat to an African lion."

First of all, you can't control the spread of the flu virus. After contracting the flu you are basically a walking, talking infection machine and some people don't have the luxury of taking sick days off from work or school.

In the case of the HIV virus, a person has complete control over infecting others, meaning if you are aware that you carry the virus, there is a conscious decision to infect another person.

While someone who chooses to spread HIV to a partner might not do it with the spiteful intention of "committing murder" the result is the same as any other form of murder; they will die.

The main point isn't about making sure the person you are with is not carrying HIV, the point is that if they are, and they know it and they do not tell you, they are intentionally giving you a virus that will eventually lead to your death.

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Deadline officially moved back

NHL general managers will have one extra day to make trades this season. The league officially announced Wednesday that it had pushed the trade deadline back to March 4. It had originally been scheduled for March 3, but a high volume of games forced the switch. METRO NEWS SERVICES

Sports

Daly taken into custody

Golfer John Daly was taken into custody Sunday morning by North Carolina police after he was found drunk outside an area Hooters restaurant. Police said in a statement Wednesday that said officers went to the restaurant on a medical call. When they arrived, Daly "appeared extremely intoxicated and uncooperative," refused repeatedly to be taken to the hospital and was asked to leave the restaurant by several workers.

METRO NEWS SERVICES

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Philly finishes it

WORLD SERIES – GAME 5

Rays 3 Phillies 4

RAYS vs PHILLIES

PHILLIES WIN SERIES 4-1

MIKE SEGAR/REUTERS

The Phillies storm the field after winning the World Series.

It took two extra nights, but the Phillies have finally put an end to Philadelphia's 25-year major sports title drought.

Eric Bruntlett scored on a Pedro Feliz single in the seventh inning and the Phillies beat Tampa Bay, 4-3, in Game 5 of the World Series, wrapping up the franchise's second title in history. Rocco Baldelli's homer tied the game in the top of the seventh, but the Rays couldn't go ahead as Chase Utley threw out Jason Bartlett at the plate to end the frame.

The Phillies then went in front in the bottom half of a game that had been halted by rain while tied, 2-2, Monday after 5-1/2 innings. Wintry conditions forced a postponement for an extra day, but under cold, windy conditions yesterday, the Phillies warmed up their fans quickly and sent the City of Brotherly Love into pandemonium. The 4-1 series victory gave Philadelphia its first championship of any kind since 1983, when the 76ers beat the Los Angeles Lakers for the NBA title. METRO NEWS SERVICES

Rambo in hunt for yardage

DAN TOTH
for Metro Calgary

CFL From the first time football players pull on shoulder pads they're told there is no 'i' in team, which is more than just a remedial spelling lesson but also an axiom underlining the need for a selfless attitude.

Yet for the next Calgary Stampeders game (Saturday, 3 p.m. at McMahon Stadium) it will be OK to sidestep football's most sacred truism.

Although it is the ultimate team game in which personal goals are secondary to the unit's success, receiver Ken-Yon Rambo and tailback Joffrey Reynolds have the green light to chase down individual achievements that no Stampeders player has reached in a decade or more. Entering the final week of the season Rambo leads the Canadian Football League with 1,392 receiving yards, one better than B.C. Lions' pass catcher Geroy Simon. Reynolds, meanwhile, enjoys a healthy 95-yard margin over Saskatchewan's Wes Cates in the rushing race. With the Stamps already slated to host the West Division final Nov. 15, their last regular season game is rendered meaningless, giving the selfish quest for personal achievement a rare day in the spotlight. "It's totally against how a football player normally thinks because you want to go out and play within the confines of the team," notes Reynolds, who would be the first Stampeders player to claim the rushing title since Gary Allen in 1986.

Rambo

"I think that it will come with everybody playing their game … we just need to execute as a team."

Rambo is having the best season of any Stampeders receiver since Allen Pitts topped the league charts with 1,449 yards in 1999. Rambo's quest to claim the crown comes in a head-to-head dual with Simon.

"I'm just going to go out there and do what I do best — catch the ball and make plays for the team and that's when the numbers start to pile up," Rambo said.

Ballesteros recuperating
Seve Ballesteros is improving after last week's surgery on his cancerous brain tumour. The La Paz hospital said yesterday that the 51-year-old golfing great remains in intensive care, but his condition was "evolving favourably." METRO NEWS SERVICES

Finding redemption thanks to Kipper

TheHockeyNews

I was fighting a losing battle in the boardrooms of The Hockey News a few months ago when the editorial team was making our 2008-09 predictions for our annual Yearbook.

The majority of our team had the Calgary Flames pegged for ninth or 10th place in the West, while I was making the case for a division title and third in the conference.

"The Minnesota Wild lost a few key players," I stated, "and the Flames made some interesting additions in Bertuzzi and Cammalleri."

The immediate response was cutting the Flames down for losing skill and offence in Alex Tanguay, Kristian Huselius and Owen Nolan.

"The fact remains," I reasoned, "the Flames have three of the best players in the game; they have a Hart candidate (Jarome Iginla), a Norris candidate (Dion Phaneuf) and a Vezina candidate (Miikka Kiprusoff). They're not going to miss the playoffs. Let's get real."

"The fact remains," I was told by our senior writer, "the Flames have no secondary scoring, the defence is getting slow and Kiprusoff doesn't bother stopping pucks until January or February."

So the decision was made that improving programs in Edmonton and Phoenix were enough to move them into the playoffs and the Flames out. An 11th hour over-ruling was made to flip Calgary and Phoenix in our Yearbook predictions to reflect the Flames at eighth and the Coyotes at 10th.

A few weeks into the season and that move looks astute. I might have been wrong about Minnesota slipping back, but a four-game winning streak by the Flames has the picture looking brighter in Calgary.

While it's true Calgary lacks consistent secondary scoring and the defence has yet to live up to expectations, that one biting comment about Kiprusoff has stuck with me. He has been slow out of the gate the past few seasons. If the Flames are to gain confidence and stay ahead of the pretenders, Kiprusoff has to be better than middling. He has to be among the best. From October through May.

When the Flames started 1-3-1 and the Kipper was doing his Roman Turek post-contract impression, it looked like I had a lot of splaining to do to my associates. But a .953 save percentage and 1.25 goals-against average in four straight wins has us believing Kiprusoff has checked in early this season.

The Hockey News
thn.com

Raptors open on winning note

NBA RESULT

Raptors 95 **76ers** 84

Chris Bosh drives for two of his 27 points last night.

NBA Chris Bosh scored 27 points and grabbed 11 rebounds, and the Toronto Raptors posted a 95-84 defeat of the Philadelphia 76ers in both teams' season-opener Wednesday, spoiling Elton Brand's debut for his new team. The Raptors own new big man, power forward Jermaine O'Neal, was the second-leading scorer with 17 for Toronto.

Jose Calderon added 13 points and seven assists for the Raptors, while Jason Kapono shot 6-for-8 — including 3-of-4 from three-point range — for 15 points, as the team shot 10-for-16 from outside the arc and 44.4 per cent overall for the contest.

Brand scored 14 points and hauled in 13 rebounds in his 76ers debut, and Andre Iguodala put up 15 points in a losing effort. Samuel Dalembert grabbed a game-high 17 rebounds in addition to his nine points for Philadelphia. The Raptors took their first lead of the game four minutes into the second, going up 28-26 on a open layup by Roko Ukic.

Bosh scored 15 in the half for Toronto, as the team took a 47-38 lead after O'Neal's three-point play with just under three minutes left. METRO NEWS SERVICES

Olympic tix selling fast

OLYMPICS Despite economic uncertainty, private ticket packages to the 2010 Olympics are selling out. CoSport, the official hospitality provider for the Vancouver Olympics, says all of the packages that included gold-medal hockey tickets are gone. CoSport says packages that include tickets to the opening ceremony are also going quickly.

Olympian pleads for corporate help

OLYMPICS Canadian Olympic gold medal speedskater Clara Hughes is pleading with corporations to sponsor Canadian athletes for the 2010 Olympics, saying there isn't enough money for athletes. She says the corporate community is interested in helping athletes like her, but that some of her teammates have little or no money.

With the 2010 Games coming to Vancouver, Hughes says the pressure will be unprecedented and the resources to make sure athletes' needs are met is crucial.

METRO NEWS SERVICES

Yahoo and AOL talking merger, sources say
Over the past couple weeks, Yahoo Inc. and Time Warner Inc.'s AOL unit have been engaged in "meaningful" due diligence and looked at each other's books, a source familiar with the talks said, indicating a merger may finally be on the way. **REUTERS**

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Chrysler, GM clear major deal issues

AUTOS General Motors Corp. and Cerberus Capital Management have resolved the major issues in a proposed GM-Chrysler merger, but the final form of any deal would depend on the financing and government support available, sources familiar with the talks said yesterday.

Both sides have agreed that GM chief executive Rick Wagoner would lead the combined automaker, the sources said.

The sources did not specify what the major issues were. The talks have covered a range of questions, including the stake Cerberus will retain, ownership of affiliated finance company, GMAC, and which Chrysler assets GM would maintain. **REUTERS**

Deficit could be responsible thing to do, Flaherty says

Last week, Jim Flaherty refused to speculate about whether the federal government might run a deficit in 2009.

Now, he's saying it might actually be the most responsible thing to do.

"We are not going to engineer a surplus simply for the sake of being able to say that we have a surplus," the finance minister told reporters yesterday, after addressing a luncheon at the Empire Club in Toronto's Royal York Hotel.

"The goal is to manage the economy responsibly."

One of Flaherty's most vocal critics this week has been the man who handed him that surplus: former finance minister and Liberal prime minister, Paul Martin.

"To see that surplus virtually gutted is a tragedy," Martin said in a televised interview Monday night.

"If I was finance minister we wouldn't have gone into deficit. We'd have the surplus."

Martin and others have criticized the ruling Conservatives for cutting the GST, saying the lost revenues from the GST could prove larger than the projected deficit.

When asked to respond to Martin's accusations, Flaherty lashed out at the former prime minister, saying Martin's surpluses had a negative impact on everyday Canadians.

> **"We are not going to engineer a surplus simply for the sake of being able to say that we have a surplus."**
> Jim Flaherty, finance minister

"Paul Martin did something that we will never do," Flaherty said.

"We will never balance our budget on the backs of the provinces and territories in Canada. That's what he did. He and his government, Prime Minister (Jean) Chrétien's government, balanced the federal deficit by dramatically reducing transfer payments to the provinces. We will not do that."

Flaherty's tone on deficits has been in a state of flux throughout the growing financial crisis.

Campaigning for re-election earlier this month, he and fellow Conservatives said they would not run a deficit this year.

That's still the party line, with Flaherty predicting a modest surplus of anywhere between $1 and $1.2 billion. But, in changing his tone on the possibility of future deficits, Flaherty seems finally to be recognizing, at least publicly, what economists have been forecasting for weeks.

TD Bank has even gone so far as to predict the Canadian government will run a $10-billion deficit in 2009-2010.

Such negative predictions have raised some eyebrows, especially since the Conservatives inherited a $13 billion surplus from the Martin government when they came to office in 2006. **TORSTAR NEWS SERVICE**

Beatles to enter digital music fray
MTV Networks is expected to announce today a deal to use songs by The Beatles in its Rock Band video game series, marking the band's first plunge into the digital music world. Surviving Beatles have closely guarded distribution of songs online. **REUTERS**

Rate cut **Traders look for relief**

REUTERS/SHANNON STAPLETON

Traders wait for television monitors to display that the Federal Reserve has slashed a key interest rate by half a percentage point to 1.0 per cent on the floor of the New York Stock Exchange yesterday. The Fed cut the overnight bank lending rate to its lowest level since June 2004 in an attempt to stave off a prolonged recession, and left the door open to further reductions.

Maple Leaf Foods profits sliced by listeria outbreak

Canada's largest food processor says sales of sliced meats fell by as much as 50 per cent in the immediate aftermath of a nationwide product recall linked to the deadly listeria bacterium.

Maple Leaf Foods Inc. said the cost of the recall pushed the company into a financial loss for the quarter ended Sept. 30.

Up to 20 people died from the same strain of bacteria found in a Maple Leaf processing plant in Toronto.

In its financial statement yesterday, Maple Leaf reported its fourth-consecutive quarterly loss of $12.9 million — that compared with a year-earlier profit of $220.4 million.

> **"The recall produced immediate sales contractions in the 30 to 50 per cent range."**
> Michael McCain

Sales edged up to $1.34 billion, from $1.30 billion a year ago.

Maple Leaf chief executive Michael McCain said that the recall produced immediate sales contractions "in the 30 to 50 per cent range. But they were very, very short-lived. The category tended to recover pretty quickly, within a matter of weeks."

McCain noted that affected categories had anywhere from flat to declining 10 to 15 per cent recovery rates, with "a rate of improvement every week."

Compared with rival brands, he said, "the Maple Leaf brand had an impact at the higher end of those ranges in the initial case and is certainly slower to recover."

But he said it wouldn't be unprecedented to expect a full brand recovery within six to 12 months.

The company took a $19 million charge on the direct costs of the recall, including closing and cleaning the plant while trying to find the source of the listeria. **TORSTAR NEWS SERVICE**

Pepsi acquires Canadian seed maker Spitz

FOOD PepsiCo Inc. yesterday said it agreed to buy Canadian seeds maker Spitz International Co., to boost its presence in the market for healthy snacks.

Pepsi, which already makes True North nut snacks and baked Lay's potato chips as part of its push into the healthy snack category, said Spitz would be part of its Frito-Lay North America unit.

Terms of the acquisition were not disclosed.

Spitz, which operates in Bow Island and Medicine Hat, Alta., sells flavoured sunflower and pumpkin seeds. **REUTERS**

Business in brief

AIRLINES Deutsche Lufthansa is taking the lead in the European mergers and acquisition race, after announcing Michael Bishop, founder of Britain's bmi airline, could exercise his option to sell Lufthansa his 50 per cent plus one share stake in the airline. That would give the carrier an 80 per cent hold on bmi.

LAWSUIT Four female former top executives of computer maker Dell have sued their ex-employer, alleging gender discrimination and seeking $500 million US in damages. They say the company unfairly laid them off, while Dell says the suit is "without merit." **REUTERS**

Warming up

The hottest trend to spill over from the World Cup is heated gear bags. The concept is simple: Place boots, gloves and socks in an insulated bag with a low heat source to warm the contents. Starting the day with warm boots helps keep feet warm the whole day. Prices range from $139 to $169. Go to hotgearbag.com for more. **SKI CANADA**

Ski & Snowboard PREVIEW

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

The road from Calgary

From **Ski Canada**
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The killer-combo of great snow and money in boom-time Albertans' pockets drove serveral resorts' skier-visits to all-time records.

Last season approached epic nearly throughout the big arc of resorts within daytrip/weekending distance of Calgary — from Marmot Basin at Jasper in the north, via the Banff/Lake Louise, Golden and Invermere areas to Fernie in the south.

The region's absolute growth in skier traffic proves ski resort development can be about expanding the overall pie, not just resorts cannibalizing market share. While B.C. has exploded from 1.5 million to six million skier-visits over the past 30 years, Alberta's ski areas have also grown from 1.1 million skier-visits to 2.7 million with the Rockies region playing a major role.

Long before Wall Street's meltdown in September, whiffs of economic unease were in the air last winter. The Canadian dollar's climb drove down destination traffic. Real estate markets in southern Alberta — which also generate the core market of real estate buyers at all the resorts — showed signs of having crested. Ontario was in manufacturing meltdown. So it was fortuitous timing that most resorts found themselves in a phase of incremental improvement rather than gigantic capital investments. And that's OK

MIKE POWELL/ALLSPORT/GETTY IMAGES

Alberta's ski areas have grown from 1.1 million skier-visits to 2.7 million.

— for the Rockies region resorts have created a superb infrastructure. Their combined array of high-speed lifts, uphill capacity, terrain size and variety, accommodation, amenities and general service would be almost unrecognizable to past generations of skiers. Subtle touch-ups (glading and grooming) are mostly all that's needed. One operating bucking the trend however is Kicking Horse. Parks Canada approval to widen Excalibur run to a continuous 40-metre-wide FIS standard.

"This made for a safe and up-to-standard race slope and a terrific fast cruising run," says Quenneville. The slope was renamed "Give 'er Grandi" in honour of local boy and World Cup racer Thomas Grandi.

This season, further tweaks to Norquay's snowmaking system allow pre-weekend touch-ups of steeper sections. It has also built an introductory-level skiercross, and is now offering a network of snowshoeing trails with equipment available for rent. The company's long-term plan for a major overhaul, which would include a new gondola and summer operations, remains at the vision stage with Parks Canada.

SUNSHINE VILLAGE

Sunshine's eight-decade journey has taken it from log-cabin way station to the best lift system in our resort lineup plus the only slopeside accommodation in the national parks. Thanks to plentiful snows, sunshine and Alberta's ongoing growth, Sunshine last season racked up its largest-ever total of skier-visits. The mountain opens Nov. 7, weather permitting.

The biggest news is the completion of the hotel renovation. Last spring the resort razed the '60s-vintage Terrace wing and launched construction of 30 new units plus the total overhaul of the 54 other units.

"The Sunshine Inn has been officially renamed the Sunshine Mountain Lodge," says Doug Firby, Sunshine's associate director of communications, media and marketing. "It's a huge leap forward in environmental responsibility, including a 44 per cent reduction in electricity consumption, a 20 per cent reduction in water consumption, maximization of passive solar heating, with everything built to leading environmental standards, and all on the existing footprint."

The $6-million investment is the second-largest in Sunshine's history. New manager Bill Cutt's mandate is to create a hotel experience comparable ot the region's leading establishments, like the Post Hotel in Lake Louise. Construction continues, with opening planned for current season.

NAKISKA

This cruiser/racer's hill in outer Kananaskis Country had a great season, its eastern-style boulevards at times offering better powder than Lake Louise, thanks to upslope systems from Montana.

With its relatively fixed following and its location in a severely development-restricted provincial area, Nakiska will never be a hotbed of resort development. For this season, the Resorts of the Canadian Rockies — which operates Lake Louise, Fernie, Kimberley and Nakiska — expanded snowmaking coverage by 33 per cent, bringing total snowmaking to nearly 90 per cent of marked runs.

Also welcome will be the extensive day lodge reservations — including the Finish Line Lounge — and makeover of the mid-mountain lodge. Nakiska's biggest news is its designation as an Alpine Canada training centre to help our skiers prepare for the 2010 Winter Olympics, thanks to backing from the Alberta government. – GEORGE KOCH

KICKING HORSE

Plans were unveiled at Kicking Horse Mountain Resort at Golden, B.C., for a transformative expansion aimed at catapulting it into Canada's top tier of ski resorts. Its move, announced in August, amounts to a bellowing rejoinder to last year's hype over Revelstoke Mountain Resort. It's meant to accelerate the momentum of a mountain that has earned the respect of every hardcore skier who's ever visited, and attracted a growing following from the Calgary area, but remains short of profitable mass-market presence.

"I'm jazzed — it's a great rebirth of the resort," said Steve Paccagnan, Kicking Horse's president and GM, in an interview just before autumn. "A lot of things came together, there's a lot of cool stuff going on." Signing of the official master development agreement is expected in December — as is a feature detailing the expansion in the next issue of Ski Canada.

NORQUAY

The perfectly situated mountain just above Banff continues to service its unique market niche.

Last season Norquay opened its redesigned snowboard park under the tutelage of Jeff Patterson to "great reviews," according to André Quenneville, Norquay's general manager. The town mountain also received last-minute

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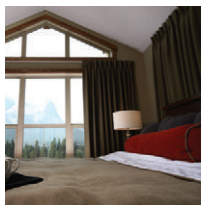

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No-rust edges, and bases
The Ogasaka AG Series skis look normal until you turn them over: The bases are stainless steel. They are just the thing for indoor carpet skiing, a popular alternative in some part of Europe, such as Britain. SKI CANADA

Take lessons, expert says

TAGHREED SAADEH
for Metro Canada

Snowboarding is a great way to enjoy the mountains and get some exercise, but it can be frustrating if you don't learn the proper techniques.

That's why Anthony Crute, owner/operations manager of Pro Ride Snowboard Camps, recommends getting a lesson from your local snowboard school. "You will learn quicker than doing it on your own, have more success and less chance of injury," he says.

"The learning curve for snowboarding is quite quick, so in no time you can be making turns down easy trails on your local ski hill," he adds.

"Do not give up after one day," he says. "Plan to take three to four half-day lessons and then practice what you have learned."

If you can afford it, a private lesson is best, says Crute, but otherwise, a group lesson is still a better option than teaching yourself.

"Choose your lesson days carefully," he says. "Watch the weather and look for a day with fresh snow or warm slushy conditions.

"If you ski, then don't learn to snowboard on a crappy ski day, as it will not be conducive to learning to snowboard," he says. "Avoid icy days."

Most importantly, Crute says, is "Relax and have fun."

Crute says beginners should dress warmly and wear protective equipment, such as padded shorts, wrist guards and a helmet. Riding clothing is functional, loose-fitting, layered, funky and waterproof.

"Make sure you rent high-performance snowboard gear when you learn as it is better than the basic rental gear," he says.

Snowboarding can be frustrating if you don't learn the proper techniques, says Anthony Crute of Pro Ride Snowboard Camps.

As snowboarding requires strength, flexibility, muscular endurance and balance, exercise is key to being ready to hit the slopes.

"To get ready for the winter, and to keep you in shape across the winter, you will want to look at training two to three times a week with one day's rest in between each session," he says. "The goal here is to start to build your endurance and strength and make sure that you work out all of the major muscle groups."

For more information, visit pro-ride.com.

Dos and don'ts

Below are ski bindings dos and don'ts, by Martin Olson, technical editor at Ski Canada:

- **DO** make sure boots are absolutely clean before stepping in.
- **DON'T** boot your bindings like a football before slamming the boot in — it's not cool or smart.
- **DO** clean bindings with water — solvents will dissolve factory-installed lubricants that also serve as rust protection.
- **DON'T** release your binding with your ski. All heelpieces have an indentation so that you can release by pushing down with your pole.
- **DO** know your DIN — the Deutsches Institut fur Normung (German Institute for Standardization) — setting. It's not something you want to guess at.
- **DON'T** transport skis unprotected on your car roof. Corrosion from road salt and grit can ruin expensive bindings as well as make their function suspect.
- **DO** let a shop pro adjust your bindings the first time. SKI CANADA

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FROM SOURCE MEDIA GROUP

It has happened to all of us at one time or another. You open up your winter gas bill only to find a whopping $300 balance waiting to be paid. It's likely to also happen this winter too, unless you put a stop to it.

There are many energy-efficient products available, and as you may have read, low-E coated windows are among them. Industry standard windows are double-paned clear glass — which does little to prevent heat loss in the summer and heat gain in the winter.

Linda Rhyason, sales coordinator with CWD Windows and Doors says the technology behind the low-E coating is "a double-paned sealed unit consists of two pieces of glass sealed together with air space in between." What makes these windows energy efficient is the compound sputtered against the glass. CWD uses zinc and titanium depending on which type of window you choose.

"Silver is our active component," says Glen Janiszewski, marketing manager with Gienow Windows and Doors. Regardless of what compounds are used, the outcome is virtually the same. Both Gienow and CWD use a low-E coated pane for the outer glass, as it has proven most effective.

Add argon gas between panes and watch the R-value increase by stopping convection. It works because, as Janiszewski explains, "argon gas is heavier [than air], creating more resistance and slowing down the escape of heat."

Gienow offers five different glass options in the low-E department, each with a slightly different purpose. As comfort is the top priority for most Calgarians, Janiszewski recommends the Sol-R Shield 270 or 366.

"This is ideal for stopping heat loss. Even though you don't get as much free heat gain from the sun, you also don't lose furnace heat in the winter," Janiszewski says, adding air conditioning use would decrease.

The difference in heat gain doesn't mean you're losing out on sunlight. Compared to standard glass that transmits 81 per cent visible light, the Shield 270 lets 70 per cent through and the Shield 366 allows 66 per cent. "You want the visible light transmittance percentage to be as close to that 81 per cent as possible while still having the other qualities," Janiszewski says, adding the slight tint to the glass is hardly noticeable.

The other Sol-R windows available still outperform double-paned clear glass but may not be fit for Calgary's weather, where the sun doesn't hide. "There is a school of thought in cold climate that you want to allow more heat to come through the glass," says Janiszewski. "In theory this makes sense but with our sunny climate, the rooms would still overheat." Therefore sticking with the Shield 270 and 366 are still your best bet.

CWD also has two great options, says Rhyason. The low-E, known as the "hard coat," adds zinc to the production. Low-E typically costs about 10 per cent more than standard clear glass. The TI-R is called a "soft coat" and has the titanium sprayed on the surface. It is roughly 15 per cent more than clear glass. If price is of concern, you can use low-E glass on south- and west-facing windows, but Janiszewski recommends low-E for all windows, as the energy savings in the future will far outweigh the extra cost today.

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Storage
Store whole squash in a cool, well-ventilated dry place. In ideal conditions, hard squashes can last two to three months. Once cut, wrap in plastic, store in fridge and use within a few days. METRO NEWS SERVICES

Food

"Choose squash that is heavy for its size. Look for hard squash; the skin should be dry and free of cracks or soft spots."

Barb Holland/for Metro Canada

Butternut
When it comes to butternut, the seeds are in the hollow bulb end, so pick one with a small bulb end and a thick neck.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Oh my gourd!

À la carte

Barb Holland
Metro Food Writer

With Halloween on our doorstep, gourds, pumpkins and squashes are at their peak of availability now and through the coming months. Winter squashes come in an interesting and wide variety of size, shape, colour, texture and flavour. They're also wonderfully versatile — in a warming soup; served mashed or roasted; or puréed and used in baking (think pumpkin pie or muffins).

Butternut is a relatively easy squash to peel and has a rich flavour and colour.

Roast Squash, Onion and Garlic Soup

Any squash can be used in this recipe; however butternut is one of the easiest to peel and has a rich flavour and colour. Roasting the squash, onion and garlic brings out a caramelized sweetness. Serve with crusty whole grain bread. Makes about 6 to 8 servings.

INGREDIENTS:
- 1 butternut squash (about 3 lbs/1.5 kg)
- 3 onions
- 1 bulb garlic
- 2 tbsp (30 mL) olive oil
- 1 tsp (5 mL) dried thyme leaves
- 1/2 tsp (2 mL) dried rosemary leaves, crumbled
- Pinch each coarse salt and pepper
- 5 cups (1.25 mL) vegetable or chicken broth

METHOD:
Preheat oven to 375°F (190°C). Peel and cut squash into 2-inch (5 cm) chunks. Peel and cut onions into wedges. Separate cloves of garlic, but do not peel. In large bowl, toss vegetables with oil, thyme, rosemary, salt and pepper. Spread on a large shallow roasting pan and roast 40 to 50 minutes or until vegetables are tender, stirring occasionally.

When garlic is cool enough to handle, squeeze the softened cloves out of their skins. In batches, purée roasted vegetables with broth until smooth. Transfer to a saucepan, and heat until hot for serving. Season to taste with salt and pepper.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Feast for your little monsters

Dairy Farmers of Canada offers spooky, spectacular Halloween recipes. Get two more ghoulish recipes at metronews.ca or dairygoodness.ca.

Bloodshot Eyeball Soup

Canadian White Cheddar and Potato Soup with a Cranberry Swirl.

INGREDIENTS:
- 1 tbsp (15 mL) butter
- 1 clove garlic, minced
- 1 cup (250 mL) chopped onion
- ½ cup (125 mL) chopped celery
- 4 cups (1L) peeled and diced yellow fleshed or oblong potatoes (about 3 large)
- 4 cups (1 L) reduced-sodium chicken stock
- 1-½ cups (375 mL) shredded Canadian old white Cheddar cheese
- 1 cup (250 mL) low fat sour cream (5% M.F.)
- 6 tbsp (90 mL) canned whole cranberry sauce

METHOD:
In large pot, melt butter over medium heat; cook garlic, onion and celery stirring for 3 to 5 min or until onion is softened. Add potatoes and chicken stock; bring to boil, over high heat. Reduce heat and simmer, stirring occasionally for about 10 to15 min or until potatoes are tender.

In a blender, in batches, or with an immersion blender, puree until smooth; return to pot, if necessary. (Make-ahead: Cover and refrigerate up to 2 days.) Stir in cheese and sour cream; heat over low heat until cheese melts.

Spoon 1 tbsp (15 mL) cranberry sauce in center of each shallow bowl and ladle soup around cranberries, not covering so it appears as an eyeball. Serve immediately.

Warm, gooey and spooky!

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Choo launches its first eyewear line

Luxury brand Jimmy Choo recently launched its first collection of stylish ophthalmic frames and sunglasses. The limited edition collection will be available exclusively at high-end eyewear specialists across Canada. METRO NEWS SERVICES

Style

Makeup looks created for Halloween

Put your most creative face forward with a series of Halloween looks created exclusively by MAC Cosmetics artists using MAC make-up products. The top 10 looks, called MAC Fantasticals, can be seen at *maccosmetics.com* with instructions on what products are needed and how to apply it to achieve the look. Eighteen additional faces can be viewed on Facebook (*facebook.com*) by typing in "MAC Cosmetics." Contact your nearest MAC location to inquire about products or get more tips on applying these looks. METRO NEWS SERVICES

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

The Bond cheat sheet — major wardrobe pitfalls

- **DON'T** wear black tie with penny-loafers or patterned brogues. Plain black lace-ups only.
- **DON'T** wear a wing collar. Unless you are at some nostalgic '80s party.
- **DON'T** be seduced by the idea of matching coloured bow ties and cummerbunds. Bond sticks to plain black.
- **DON'T** worry about a cummerbund or waistcoat — despite what eager salesmen want to sell you. Your jacket is going to be kept closed while you're standing anyway, so no one will see either.
- **DON'T** be afraid of vintage clothing stores. You can get some classic Bond looks there for a couple of hundred bucks.

RUSSELL SMITH/FOR METRO CANADA

Black tie Bond

Emulating 007's conventional fashion sense

RUSSELL SMITH
for Metro Canada

TORSTAR FILE PHOTO

Pull off Bond's chic style with classic touches: small bow tie, fitted single-breasted jacket, white piqué shirt and cufflinks.

First, let's get the terminology straight: Bond would never use the word tuxedo. That's an Americanism. He would say "dinner jacket." On an invitation — to an embassy, say, or a casino — it would say "black tie."

And what he means by this is very strict. Even in an age when celebrities interpret black tie to mean any variation on a black suit (long ties, white ties, black shirts, whatever), James Bond would stick to the letter of convention for formal wear. That means classic black, with a small bow-tie. A fitted single-breasted jacket with one or two buttons (no more!). Peak lapels or shawl lapels (the rounded ones), with satin or ribbed silk facing. One black ribbon down the outseam of each trouser leg. The trousers have no cuffs at the hem, nor do they have belt loops — they are held up by suspenders, or by an adjusting self-belt.

Shirt: white piqué — that's the waffle texture, also known as marcella — with a regular turned-down collar. Pleated shirt fronts are falling out of fashion. Your shirt will have studs, not buttons, and the studs will match your cufflinks. (Oh yes, you will have cufflinks). Your shoes — now listen closely, because this is crucial — your shoes must be plain shiny black lace-up Oxfords. James Bond himself probably owns a pair of extra-shiny patent leather shoes just for black tie, but you don't have to.

Should you own a dinner jacket? Of course you should. Renting is absurdly expensive, and the "formalwear" chains, which focus on weddings rather than on Bond-style dinner parties, tend to push you towards the garish. Start shopping for your tuxedo in January, when the big party season is over and formal wear goes on sale.

If you're not in a high income-bracket, you can skip the high-end retailers like Harry Rosen and Holt Renfrew. Since fashion doesn't influence this outfit much, a plain black dinner jacket from The Bay, or from your local conservative men's store, is perfectly acceptable — and can be found on sale for under $1,000. Designer names are not important in this field. An even cheaper option is to order one online from the Vancouver-based company Indochino (*indochino.com*). They give you instructions on how to measure yourself, you e-mail your measurements in and they have the suit made in Shanghai. And the basic dinner jacket, which is 100 per cent wool, is $325.

• For more Bond coverage, see Rick McGinnis' story on page 19.

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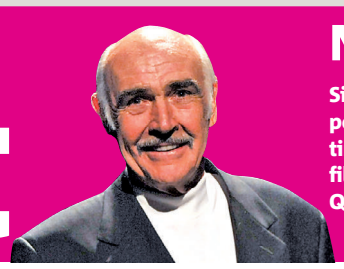
Moore honoured in France
Sir Roger Moore was awarded one of France's highest honours during a ceremony in Paris Tuesday. The former James Bond star was presented with the Order of Arts and Letters by French Culture Minister Christine Albanel. IMDB.COM

Entertainment



New Quest
Sir Sean Connery has reportedly come out of retirement to shoot a new film with Orlando Bloom, Quest of Sheherzade.
IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Live and let dress

Becoming **Bond**

Rick McGinnis
rick.mcginnis@metronews.ca

"There are moments of great luxury in the life of a secret agent," Ian Fleming wrote at the start of Live And Let Die, his second James Bond novel. "There are assignments on which he is required to act the part of a very rich man; occasions when he takes refuge in good living to efface the memory of danger and the shadow of death…"

I'm clearly not taking refuge from danger or death's shadow, but my muscles are still aching from the session at the Krav Maga gym four days ago, so I'm looking at today's Becoming Bond assignment as my brush with that great luxury.

Jeff Farbstein, the executive VP, general merchandise manager at Harry Rosen, meets me at the Tom Ford boutique at the menswear giant's downtown headquarters before the shop opens.

The Bond franchise switched to Ford to clothe Daniel Craig's Bond with the latest film, Quantum Of Solace, after a long relationship with Brioni, the Italian clothier, dating back to Pierce Brosnan's Goldeneye.

Jeff is very kind, describing to me how a good tailor will correct for things like my gut and poor posture by lengthening the back of suit jacket, raising the back of the neck and tightening up the collar. He opens up a closet where they keep the standard size jackets for fittings and slips me into a two-button black suit jacket with a notched lapel and I look in the mirror to discover that I'm 20 lbs. lighter.

"He always looks like he's just got the suit out of the dry cleaners," Farbstein says of Sean Connery's Bond, the unsurpassed prototype.

He shows me a beautiful three-piece light glen plaid suit that echoes the one Connery wears for most of the last half of Goldfinger; it's a fine example of what Ford is trying to do with his bespoke line, and it costs $6,000.

Upstairs, Nello Sansone, Harry Rosen's master tailor, describes to me how he's cut suits for police officers, subtly adding room to the chest and armhole to accommodate the shoulder holster and gun.

He slips me into a very Bond-like Canali tuxedo for a fitting. The 20 lbs. have miraculously disappeared. The tux costs $2,000, and the added shirt, tie, shoes, pocket square and other accessories bring it up close to three grand, but I'm looking at myself in the mirror, slimmer, straighter, taller, and I'm already making excuses to justify the expense, even if I'm reduced to wearing it to parent-teacher interviews.

MORE ON BOND STYLE, PG. 18

Read more Metro online today.

See CRASH PARALLEL live with David Usher on Monday, November 3rd @ The Whiskey

CRASH PARALLEL

TO ENTER
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Contest open to residents of Alberta who have reached the age of 18. Contest opens at midnight on Oct 28, 2008 and closes at midnight on Oct 30, 2008. Winner must answer a mathematical skill testing question to obtain prize. Full rules and regulations available online or at the Metro office during regular business hours. Meet and greet subject to artist availability.

Performance touches Myers

Funnyman Mike Myers realized the power of his infamous impersonations after a recent performance for sick children at the Rusk Institute in The Bronx, N.Y., left him "crying like a baby." IMDB.COM

Costumes in a pinch

Heads up before heading out on Halloween

Slick City

Heather Setka

slickcity@metronews.ca

There's nothing scarier than Value Village or San Francisco the day before Halloween.

On the eve of All Hallow's Eve, I'm not concerned you'll have something to do this weekend. Click the Calgary tab of clubzone.com, and you'll see every club, pub and grub joint in town tricking for your treats.

Among the best offers:

Saturday at the downtown Legion, Voodoo Halloween Gala promises electronica and progressive tunes for $25. But that's only with advance tix from Phonics on 17th Avenue or Giant 45 on 11th Street. Otherwise, it's $35 at the door. Either way, costumes are mandatory.

Tonight to Saturday, a twisted U.K.-based, cabaret-style group called the Tiger Lilies plays the Grande Theatre. With songs such as Banging in the Nails and Beat Me, prepare to be shocked, appalled and grossly entertained.

Go to www.theatrejunction for ticket information. But before buying, know that you're expected to attend dressed as one of the Seven Deadly Sins.

Nope, I'm not the least bit worried about what you're going to do. I am, however, frightfully concerned about what you're going to wear.

That's why I'm here to help. After all, there's nothing scarier than Value Village or San Francisco the day before Halloween. Both stores are a mess of open wig packages, empty fake eyelash wracks and aggressive teenage girls muscling cheap costumes (both literally and figuratively) away from each other.

Here are some quick fixes to avoid such scenes.

1. Intertwine several dollar-store fashion dolls into a woolly knit sweater and go as a "chic magnet."

2. Throw on sports gear, and you are a: snowboarder, golfer, hockey player, etc.

3. Pilfer a crown from your kid's toy box, staple several paper bags together (now that's recycling!) and smudge dirt on your face. Introducing HRH, the Paper Bag Princess.

4. Dig out your wedding dress, cut it up, drive over it, and squirt Ketchup on it. Now, you're The Bride from Kill Bill. And people said you'd only wear it once. Silly fools.

5. Put on lingerie, a set of wings, and some glittery makeup (hint: litcosmetics.com) to morph into a sexy butterfly, bumble bee or lady bug … albeit you're an insect of questionable moral standing.

But don't worry. I suspect you'll fit right in.

Please send your family-friendly comments to slickcity@metronews.ca.

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"This is very much a personal portrait of who I am and where I come from set against the beautiful backdrop of my Northern California coast."
– Sara Bareilles

Ashley Olsen thanks her parents
Actress Ashley Olsen credits her business-savy parents for grooming her and sister Mary-Kate into media moguls — because they let them sneak into meetings at a young age. IMDB.COM

Hollywood trashes foreign TV imports

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

FOREIGN AFFAIRS: As the writers' strike dragged on over the course of last winter, the networks made a big deal out of looking abroad for ideas for the fall season, citing examples such as NBC's adaptation of The Office as proof that a good story was a good story, even if they had to change "chips" to "french fries" and delete jokes about the Queen's husband's racist gaffes.

That hasn't worked out so well, according to a story in the Hollywood Reporter. With the cancellation of The Ex List by CBS, it looks like other underperforming foreign imports might be following this transplant of an Israeli comedy-drama into the dustbin of history.

Eleventh Hour and Life On Mars have done middling basis airing against each other on Thursday night, and CBS' Worst Week has been losing 40 per cent of the viewers it inherits from Two And A Half Men on Monday.

Advance word on NBC's Kath & Kim was never good, and the show has become Thursday night's sucking chest wound. The Reporter notes that it's already been canceled in Australia, though it was never likely to take off in the country where the original was such a big success.

There's a hint of optimism in slow but notable improvements in Eleventh Hour's rating, and good reviews for Worst Week and Life On Mars, and CTV's Flashpoint even gets a pat on the head for its brief summer slot on CBS, and a likely return as a midseason replacement. All is not lost for the lawyers who were looking forward to more business negotiating acquisition of foreign rights, but the primetime transplants are still regarded as wan and sickly even next to this season's very qualified successes —shows like Fringe, The Mentalist, 90210 and Knight Rider.

There are still a lot of immigrants waiting to be released from the Ellis Island of network production, though, including shows from Australia, France and Argentina, and the utterly unnecessary Americanization of Absolutely Fabulous. Hollywood thinks with its belly, though, not its head, and this season's failures are likely to jinx further transplants. "Hollywood is a pretty reactionary town," one unnamed network executive told the Reporter. Indeed — with a few more foreign flops kicking this dismal season in the shins, they might even consider having the cast of The Simpsons dub the actors' voices in Flashpoint, anxious that the Canadian diction might alienate U.S. audiences.

Rick McGinnis writes about music, movies, books and television, but not opera.

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

Pink

Album: Funhouse
Label: Sony BMG
Rating: ⊕⊕⊕

WE'VE ALWAYS BEEN able to rely on Pink to keeping the rest of the corporate pop stars honest. She turned both barrels on them with Stupid Girls. Now she does the same thing to herself with So What, lead single off Funhouse. The marriage breakup with Carey Hart seems to have left her ... vulnerable. It works surprisingly well on I Don't Believe You, but fails on Please Don't Leave Me. But there's just not enough of that old attitude. Come on, Pink, get over it. Time to kick some butt out there.

Graham Rockingham/for Metro Canada

Bloc Party

Album: Intimacy
Label: Atlantic/Warner
Rating: ⊕⊕⊕½

BLOC PARTY SHOWS a lot of range on its third album, Intimacy. In the case of vocalist Kele Okereke, sometimes a little too much range. With a thick British accent, Okereke can sound like a whinier Andy Partridge of XTC. But when he stays mid-range and doesn't sound like he's putting on, Okereke delivers heartfelt, intimate vocals. Okereke, and the entire band for that matter, thrive on the ballads and darker songs (and there a lot of those). Don't be fooled by the raucous kickoff track Ares: Intimacy is a personal, introspective album.

Jim Reyno/Metro Canada

Album Reviews

music@metronews.ca

Eva Avila

Album: Give Me the Music
Label: Sony BMG
Rating: ⊕⊕⊕

OUR CUTE LITTLE Canadian Idol has turned into a dance club seductress. Yeah, they've made her look like all the other pop stars. And guess what? She sounds like them too. I dare anyone to pick this voice out of a lineup. But It's not easy to scratch out a place for yourself when you've got an army of songwriters to do it for you. There's talent here. Let it breathe.

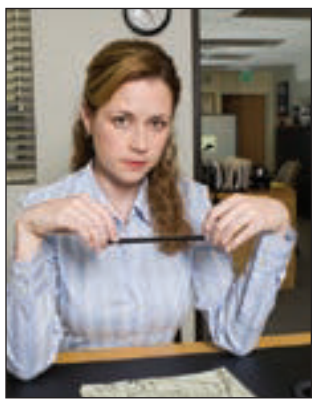
Graham Rockingham/for Metro Canada

Read reviews of Lordi, Snow Patrol, Kaiser Chiefs, John Legend and Kenny Chesney at metronews.ca/music

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/30/08 primetime	267	351	- ACCESS	Help TV		America's Next Top Model		Hole in the Wall		Eleventh Hour "Savant"		Help TV
	243	317	3 CFCN	etalk	Dance	ER "Haunted" (HDTV) (N)		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		News (N)
	-	-	4 BROAD	(4) Broadcast News News.		Broadcast News News.						
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty "Ugly Berry"		Grey's Anatomy (N)		Life on Mars
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	The Nature of Things (N)		Doc Zone (HDTV) (N)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Life on Mars (HDTV) (N)		Survivor: Gabon (N)		The Office (N)	Billable Hours	News Hour
	246	-	8 CKAL	Law & Order: SVU		Friends	Friends	Ugly Betty "Ugly Berry"		30 Rock	30 Rock	Your City
	119	705	9 CBXFT	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		Grosse vie	C.A. (SC)	Le Téléjournal (SC)		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors (N)		Survivor: Gabon (HDTV)		CSI: Crime Scene Invstgtn.		Eleventh Hour
	-	374	14 KSPS	NewsHour With Jim Lehrer		Educating Spokane		Sherlock Holmes Mysteries		Globe Trekker (DVS)		Soundstage
	502	390	15 CBC	CBC News: The National		The Nature of Things		CBC News: The National		CBC News: The National		Nature-Things
	-	370	16 KHQ	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Raymond	Name Is Earl	Kath & Kim (N)	The Office (N)	30 Rock	ER (N)
	-	373	22 KAYU	MLB Baseball: World Series Game 7 -- Phillies at Rays				Malcolm-Mid.	According-Jim	King of the Hill	The Simpsons	News (N)
	297	652	37 WPIX	Supernatural (HDTV) (N)		CW11 News at Ten (N)		Two/Half Men	Friends	Sex and-City	Will & Grace	According-Jim
news	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2			Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400	21 TSN	CFL Football: Roughriders at Argonauts			SportsCentre (HDTV) (Live)			UEFA Champions League		Poker Night
	408	418	27 net	NHL Hockey Boston Bruins at Calgary Flames. (HDTV) (Live)					Sportsnet Con.	Sportsnet Connected (Live)		Best-Sports
	410	403	30 SCORE	College Football South Florida at Cincinnati.			Score Tonight	Score Tonight		Final Score	Final Score	Sports Rage
	411	457	44 OLN	Survivorman		Pilot Guides Specials		Pilot Guides		Don't Forget Your Passport		Commando
	417	406	48 SPEED	Pinks -- All Out (HDTV)		Wrecked (N)	Wrecked	Pinks	Pass Time	Pinks -- All Out		Pinks -- All Out
family	552	543	20 YTV	*Flintstones Meet Rockula*		Charlie Brown	Garfield	Sabrina-Witch	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	Scooby-Doo My Mummy		Planet Sketch	Ghosts-Scooby	Ghosts-Scooby	6teen	Total Drama	Futurama	The Critic
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Gone Country	Gone Country	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	*The Hills Have Eyes* ★★ (2006, Horror) Aaron Stanford.				News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	House	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design
	521	560	24 TLC	American Chopper (N)		LA Ink "Cover Girl" (N)		American Chopper		LA Ink "Cover Girl"		Overhaulin'
	603	561	25 FOOD	The Secret Life Of...		Jamie's Kitchen Australia (N)		Restaurant Makeover		Challenge Candy castles.		Unwrapped
	615	520	26 A&E	The First 48 (HDTV)		Jacked: Theft	Jacked: Theft	Crime 360 (HDTV)		The First 48 (HDTV)		The First 48
	617	522	32 SHOW	EastEnders	Spaced	Painkiller Jane		ReGenesis (HDTV)		Trailer Park	Trailer Park	Saving Grace
	601	562	33 SLICE	X-Weighted "Jen"		The Biggest Loser		Rich Bride, Poor Bride		X-Weighted "Jen"		Biggest Loser
	-	633	34 ENC2	(7:10) *The Terminal Man* ★★ (1974, Science Fiction)				*Psycho* ★★ (1998, Suspense) Vince Vaughn.			(10:45) *Psycho* (1960)	
	520	505	35 DISC	True Stories-Amityville		MythBusters		Daily Planet		Monster Moves		Investigation X
	620	523	36 BRAVO	*Naked Lunch* ★★★ (1991, Science Fiction) Peter Weller.				Law & Order "Hate"		Without a Trace		*Naked Lunch*
	294	650	40 WPCH	Friends	Friends	*Seed of Chucky* ★ (2004, Horror)			Family Guy	Family Guy	Seinfeld	*Seed*
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP
	-	539	42 TCM	(6) *Dr. Jekyll and Mr. Hyde*		*Torture Garden* ★★ (1968, Horror)			(9:45) *The Cobweb* ★★ (1955, Drama), Lauren Bacall			
	628	584	43 SPIKE	TNA iMPACT! (HDTV) (N)				MANswers	MANswers	MXC	MXC	Married... With
	522	516	45 HIST	Chasing Warbirds		NCIS "Reveille"		Lost Worlds		Chasing Warbirds		NCIS
	627	528	46 SPACE	Battlestar Galactica		Chuck (N)		Stargate SG-1 (DVS)		Lost "... And Found"		Deep Space 9
	-	-	47 AMC	(6) *The Dark Half* ★★ (1993, Horror)			*Jeepers Creepers* ★★ (2001, Horror) Gina Philips.				*The Mummy* ★★ (1959)	
	619	525	49 TROP	Make or Break	Naked Fashion	Beverly Hills, 90210		Make or Break	What Happen?	Family Guy	Seinfeld	Seinfeld
	600	564	50 HGTV	The Fix	Disaster DIY	Home to Flip	Real Renos (N)	Holmes on Homes		The Fix	Disaster DIY	Home to Flip
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 CLT	(6) *Naked Frailties* (1998)		Mysterious Ways		Judging Amy		Fundamental Freedoms		*Naked Frailties*
	269	350	93 APTN	News		Suaangan (N)	Rez Rides	Next! Youth	renegadepress	*Bram Stoker's Dracula* ★★★ (1992, Horror)		
	-	-	94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	Vancouver	Kirdaar	Dheeyan Ghar	Sadabahar	Desi-Mama
	571	581	100 MMM	Madonna: Confessions Tour		I Want to Work for Diddy		Party of Five		Madonna: The Confessions Tour		
	570	580	101 MM	Degrassi: Next	Instant Star	Greek		Muchmusic Countdown			Pimp My Ride	Legally Blonde
	581	566	102 MTV	The Hills	Super Sweet	True Life "Native" living.		MTV Live	After	Man and Wife	The Hills	True Life

critics' corner

The Office
Does Halloween count as a casual Friday? Pam (Jenna Fischer) is embarrassed when no one else at corporate wears a costume on Halloween — although there is a chance they're all dressed as party poopers. Meanwhile, Holly (guest star Amy Ryan) and Michael (Steve Carell) take a long trip to Nashua after they get some shocking news from corporate. Then Dwight (Rainn Wilson) tries to get under Andy's (Ed Helms) skin in "Employee Transfer." 10 PM on CICT



CSI: Crime Scene Investigation
During the course of an investigation, the CSIs discover that their victim, a young woman who was murdered and found with several different blood types in her system, is the daughter of a wanted criminal in the new episode "Let It Bleed." Nicholas Turturro ("I Now Pronounce You Chuck and Larry") and Jason Lewis ("Sex and the City") guest star. 10 PM on KREM

Singer Messina to have son
Country singer Jo Dee Messina and her husband, Chris Deffenbaugh, are expecting their first child, a boy. Messina is in her third trimester — she is due in December. **PEOPLE.COM**

Celebrity Buzz

Britney's dad in control

LEGAL Britney Spears' father, Jamie, has been named permanent conservator of his daughter's affairs, a Los Angeles court has ruled.

He was also named permanent co-conservator of her estate, along with an attorney, Andrew Wallet, on Tuesday, People.com reports.

"I've met several times with (Britney) and she requested that I not object to the permanent conservatorship," the singer's court-appointed lawyer Samuel Ingham said in open court.

Commissioner Reva Goetz stated the permanent conservatorship was "necessary and appropriate."

Experts say, however, the permanent status doesn't necessarily mean forever.

A source close to Spears concurs, saying, "This is by no means something that's going to last forever. The conservatorship being made permanent in name is primarily to ensure increased time with her children, and provide support for her music and work goals."

Terry K. Wasserman, a mental health lawyer not involved with this case adds, "Ms. Spears can regain control of her life anytime — as long as her doctors feel she's able to manage her own affairs."

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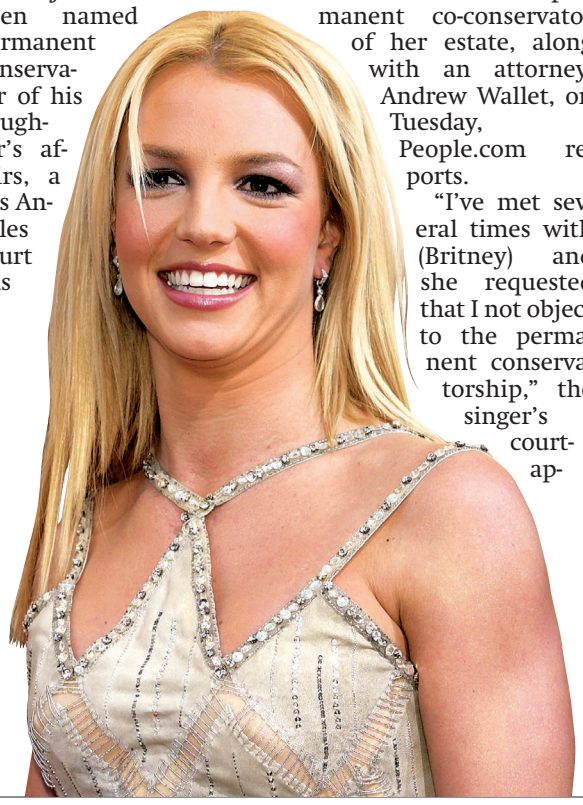

GETTY IMAGES PHOTOS

HELLO! Hot shot of the week

INF/CP

The prospect of a Canadian winter hasn't deterred actress Halle Berry from purchasing property north of the border, inset. Berry — seen shopping at a Vancouver Whole Foods store on Sunday — and her Montreal-born model beau, Gabriel Aubry, have bought a million-dollar retreat in Quebec's Laurentian Mountains, where they can cosy up against the elements with seven-month-old daughter Nahla.

HELLO! CANADA magazine, now available on newsstands — read more at hellomagazine.ca

Joaquin to quit acting for music

CAREER Oscar winner Joaquin Phoenix is retiring from Hollywood, at the age of 34, imdb.com reports.

The actor will instead focus on his budding music career.

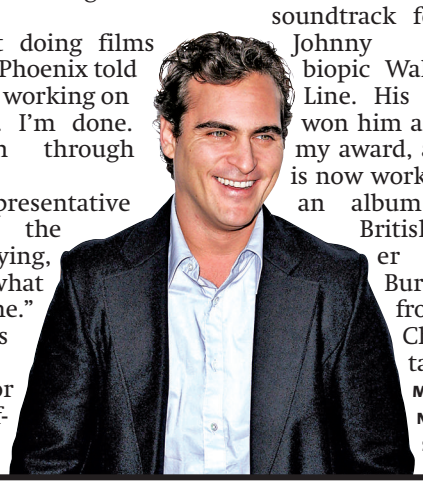
"I'm not doing films anymore," Phoenix told Extra. "I'm working on my music. I'm done. I've been through that."

His representative confirmed the news, saying, "That is what he told me."

Phoenix's brother-in-law, actor Casey Affleck, added Phoenix is for real: "I don't think he's kidding. He's got music and stuff."

Phoenix's vocal skills were applauded in 2005 when he recorded the soundtrack for the Johnny Cash biopic Walk The Line. His efforts won him a Grammy award, and he is now working on an album with British rocker Tim Burgess from The Charlatans.

METRO NEWS SERVICES



celebrity brief

Gwyneth tops worst duet poll

SURVEY Actress Gwyneth Paltrow and singer Huey Lewis' rendition of Cruisin' in the 2000 movie Duets has been voted the worst vocal collaboration of all time, by an online music magazine Spinner, femalefirst.co.uk reports.

The pair played karaoke champs in the film.

Paula Abdul's pairing with MC Skat Kat for Opposites Attract was named second worst, followed by Sir Paul McCartney and Michael Jackson's The Girl is Mine.

METRO NEWS SERVICES

Colin reveals pain at movie flop

PEOPLE Actor Colin Farrell has opened up about box-office blunder Alexander four years after its release, saying he's just getting over his disappointment at the movie flop, imdb.com reports.

Farrell played the ancient Greek conqueror in the 2004 movie.

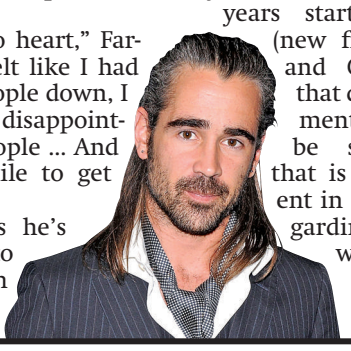
The film made a mere fourth of its reported $155 million US budget at the U.S. box office, adding to Farrell's stress from movie critics who were disappointed with his performance.

"I took it to heart," Farrell says. "I felt like I had let a lot of people down, I felt like I had disappointed a lot of people ... And it took a while to get over that."

Farrell adds he's just starting to recover from the backlash.

"I probably got a bit disillusioned after that. I think only in the last couple of years starting with (new film) Pride and Glory has that disillusionment ceased to be something that is still present in my life regarding the work."

METRO NEWS SERVICES



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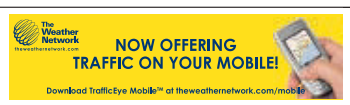
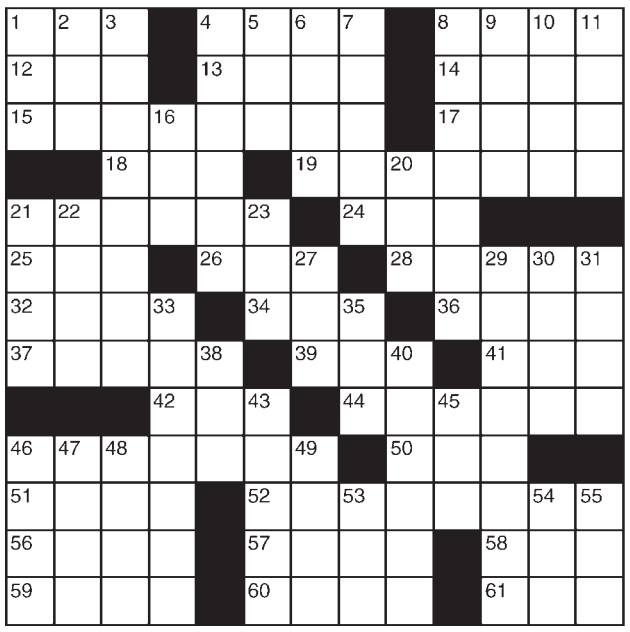
The Weather Network
TWN incorporates MSC data

Today Variable 7°/ -3°
Friday Variable 14° / 2°
Saturday Sunny 15°/ 2°



Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	1		4		3		9	
4								2
		7		9		6		
	7	3		2		1	8	
	9			8			2	
	2	5		1		9	6	
		8		4		5		
9								8
	4		8		7		3	

Crossword across

1 Vacationing
4 Weapon handle
8 Major leagues
12 Carnival city
13 Look lecherously
14 Norway's capital
15 Bully
17 Revolution period
18 Bill
19 Come before
21 Talcum, e.g.
24 In an earlier time
25 "— not choose to run"
26 Long sandwich
28 Different
32 Belgrade resident
34 Wrigley product
36 Domesticate
37 Inquired
39 Petrol
41 Zero
42 Melody
44 Gaudy
46 Stunt double, e.g.
50 "Of course"
51 Flock youngster
52 MySpace alternative
56 Neighborhood
57 Pinocchio, at times
58 X-ray descendant
59 Designer Vera
60 "Desire Under the —"
61 Chow down

Crossword down

1 Scepter topper
2 Christmas tree, often
3 Adroit maneuvering
4 Calvin's companion
5 Time of your life?
6 Envelope feature
7 Aquarium favorite
8 Refuse to buy
9 "Gotcha"
10 Pleased
11 Angry
16 Bankroll
20 Freudian concept
21 Tower city
22 Pindaric works
23 Bad hairpiece
27 Annoy
29 Attractive
30 Eastern bigwig
31 Depend (on)
33 Pellet-filled chair
35 Wrestlers' surface
38 Accomplished
40 Lord Wimsey's creator
43 Soldier's arm
45 Symbol of intrigue
46 Cabbage salad
47 The O'Hara estate
48 Congregation's cry
49 Manicurist's concern
53 Rotating part
54 Man-mouse link
55 Set of equipment

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

5	6	4	8	3	7	1	2	9
3	7	9	1	2	5	6	4	8
2	8	1	6	4	9	7	5	3
4	5	8	3	1	2	9	6	7
7	1	2	9	6	4	8	3	5
6	9	3	7	5	8	2	1	4
1	3	7	4	8	6	5	9	2
9	4	5	2	7	1	3	8	6
8	2	6	5	9	3	4	7	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Recipe of the day

Sweet Potato Soup

INGREDIENTS:

2 tbsp (25 mL) olive oil
2 cloves garlic, minced
1 large onion, chopped
1 red bell pepper, seeded and chopped
1 tsp (5 mL) ground ginger
1 tsp (5 mL) allspice
4 cups (1 L) low-sodium vegetable or chicken broth
2 large sweet potatoes, peeled and cut into 1-inch (2.5-cm) pieces
1 can (19 oz/540 mL) diced tomatoes
1/2 cup (125 mL) natural peanut or almond butter
1 package (16 oz/450 g) frozen shelled edamame
5 oz (150 g) baby spinach

METHOD:

1. Heat oil in a large saucepan over medium-high heat. Add garlic, onion and bell pepper and cook until lightly browned, 5 minutes. Add ginger and allspice and cook for 1 minute.
2. Stir in broth, sweet potatoes and tomatoes and bring to a boil. Reduce heat to low, cover, and simmer until potatoes are just tender, 15 minutes.
3. Place peanut butter in a small bowl. Whisk in about 1 cup (250 mL) of the simmering broth. Return to the pan and add edamame and spinach. Cook until edamame is cooked through, 10 minutes.

SERVES 6

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Noble people are defining their boundaries. Deceit causes awareness of distress. A standard approach isn't necessary for a project.

TAURUS
APRIL 21-MAY 21
There'll be talk about not getting credit. Varied options are difficult for an inattentive person. An elder comes to the forefront of a discussion.

GEMINI
MAY 22-JUNE 21
A man makes an effort with bonding. Comforting a friend brings you good luck. You won't insist on following the rules.

CANCER
JUNE 22-JULY 22
A show-off gets spiteful due to frustration. A stranger offers a little sympathy. Talking about a bad boy is more fun than it's worth.

LEO
JULY 23-AUG 23
Not everyone is upset about someone's anxiety. Your friendship isn't taken for granted. A lively friend boosts your confidence.

VIRGO
AUG 24-SEPT 22
A subdued celebration will take place. A sympathetic person wants the right to remain silent. Be doubtful when you see undue diligence.

LIBRA
SEPT 23-OCT 23
Someone's behaviour is unnerving. A phone call is not as good as you expected. A buddy makes the best of a crisis at work.

SCORPIO
OCT 24-NOV 22
A train of thought evokes tender memories. Refuse to take sides while chaos rules. You'll develop a guilty conscience about a lie.

SAGITTARIUS
NOV 23-DEC 21
Speak up about honesty and trust. A relationship takes on special significance. Security issues are increased with an appealing person.

CAPRICORN
DEC 22-JAN 20
Try different tactics when a meddler refuses to listen. A poor decision is made in the heat of the moment. You'll cheer for a friend's deeds.

AQUARIUS
JAN 21-FEB 18
Keep an open mind but don't forget insulting behaviour. An enemy causes laughter with a silly remark. Avoid people who may not be sincere.

PISCES
FEB 19-MARCH 20
A game player regrets what was said in anger. An old friend has scary news to share. Scrutinize the attention coming from a hermit.

This day in history

OCT. 30, 1831: In Southampton County, Virginia, escaped slave Nat Turner is captured and arrested for leading the bloodiest slave rebellion in United States history.
OCT. 30, 1944: Anne Frank is deported from Auschwitz to the Bergen-Belsen concentration camp.
OCT. 30, 1961: Because of "violations of Lenin's precepts", it is decreed that Joseph Stalin's body be removed from its place of honour inside Lenin's tomb and buried near the Kremlin wall with a plain granite marker instead.
OCT. 30, 1995: Quebec sovereigntists narrowly lose a referendum for a mandate to negotiate independence from Canada.

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